

Week 3 Shopping List

PRODUCE	MEAT & DAIRY	DRY GOODS	CANNED/SHELF STABLE/FROZEN
Avocado (Th, Su)	Bacon (Tu)	GF Bread (M, Tu, Th, F, Su)	Beans (W, Sa, Su)
Bananas (F, Su)	Butter (Su)	GF Cracker (Th)	Pesto (Tu)
Banana Peppers (Sa)	Shredded Cheese (M,W,Su)	GF Flour (Su)	Tuna (Tu)
Broccoli (M, W, F)	Sliced Cheese (F)	GF Granola (Tu)	GF Chicken or Vegetable stock (Th)
Bell Peppers (M, F, Sa, Su)	Boneless Chicken Breast (M, W, Sa, Su)	GF Oatmeal (F)	Berries (W)
Carrots (W,Th)	Eggs (M, T, Th, Su)	Corn/ GF tortillas (M)	Coconut milk (W)
Lemon (Sa)	Beef steak (M)	Peanut butter (F, Su)	Diced tomatoes (W,Th,Sa)
Lime (W,Su)	Ground turkey (Sa)	Brown rice (F)	
Lettuce (M, W, Th)	Lean ground beef (Su)	Quinoa (W, Su)	
Bibb lettuce (Su)	Greek yogurt, plain (T, W)	Beans (W, Sa, Su)	
Mushroom (F)	Ice cream (dessert)	Lentils (Th)	
Spinach (Tu, Su)	Milk (W, Su, dessert)	Brown rice (F)	
Onion (M, W, Th, F, Sa,)	Sliced turkey (F)		
Red onion (Su)	Feta Cheese (Su)		
Summer Squash (Su)			
Tomato (M, W, Th, F, Sa, Su)			
Peaches (Tu)			
Potato (M, Tu)			
Red potatoes (M, Sa)			
Zucchini (Sa, Su)			
Apple/Orange (M)			
Garlic (Th,Sa)			
Orange (F,Sa)			
Cilantro (Su)			

Miscellaneous: Bittersweet chocolate, peanut butter, Miracle Whip Light, salsa, honey, brown sugar, maple syrup, balsamic vinegar, cider vinegar, rice vinegar, GF fish sauce, GF bread, pesto, salsa, red Thai curry paste, parmesan cheese, GF salad dressing or [make your own vinaigrette](#), cinnamon, thyme, mustard, ketchup, mayonnaise, garlic, salt, paprika, cumin, garlic powder, ginger powder, cumin, chili powder, turmeric, cardamom, dried basil, parsley flakes, black pepper, bay leaves, allspice, nutmeg, oregano